

ADULT PROGRAMS

BREAK IT DOWN ZUMBA s/c

Instructor: Lupe Rother

Is there a little bit of Exotica and Latino deep inside of you just waiting to get out? Oooooooh! Join us as we learn some of the most popular dance step movements including Salsa, Merengue, Rhumba, Cumbia, Samba, Raggaeton, Cha, Cha, and Belly Dance. This class will be taught in a slower manner than most Zumba classes so that you can learn step-by-step how to shake those shoulders, unlock those hips, and move those knees and feet in a sultry, fluid style. You will also become more aware of how proper breathing, posture and flexibility can help you to define every step you take. This an aerobic movement class where you move on your own without partners. Advanced registration is necessary. *NO CLASS 4/3

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
433024-A1	3/27-4/24	4	F	11-12P	Adult	\$32/\$40/\$32

MEDITATION s/c

Instructor: John Giunta, MA/FRC

We will look into the nature of concentration, contemplation and the practice of meditation from Eastern and Western points of view. While this is not a religious course, per se, religion will be discussed for informational purposes only. Contemplative music will be provided for some sessions. Charis will be provided, although some participants may wish to bring a mat and cushion for sitting on the floor. John Peter Giunta is an Initiate of the Himalayan Institute, founded by Swami Rama. He has been meditation since 1974 and has experienced Eastern and Western techniques of meditation. This program is for people with no experience with meditation. *NO CLASS 4/5

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
433054-A1	3/22-4/26	5	Su	6:15-7:15P	Adult	\$40/\$50/\$40

HATHA YOGA s/c

Instructor: John Giunta, MA/FRC

Have fun while we gain flexibility, strength, improve concentration and achieve deeper union of body, mind and spirit with authentic classical yoga teachings. Dress for movement and bring a mat. Also bring a folded towel if you think you need extra padding. John has made a pilgrimage to India, studying Raja yoga and Vedanta. He is a senior yoga teacher certified by the Himalayan Institute and has over 35 years of teaching experience. John is a Reiki practitioner, a yoga therapist and consultant on yoga listed with George Mason University Arts Wellness Program. John is a degreed professional musician and provides his own live music on a variety of instruments for meditation at the end of the class. He has had numerous articles published on the subjects of yoga and music. He was ordained as an Interfaith Minister in 2004.

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
433050-A1	3/31-4/28	5	Tu	7-8:30P	15 & up	\$50/\$62.50/\$50
433050-B1	3/30-4/27	5	M	12:30-1:30P	Adult	\$50/\$62.50/\$50



HATHA YOGA BEGINNER/INTERMEDIATE s/c

Instructor: John Giunta, MA/FRC

This is John Giunta's group of students with some past experience in any yoga tradition. Students who attend this group should know their safe range of motion and have a basic knowledge of some of the major postures/asanas in yoga. This is a classical yoga tradition from the teachings of Hatha yoga and Raja yoga as taught at the Himalayan Institute, founded by Swami Rama. While we move, other subjects to be addressed will be pranayama, the chakras, basic meditation, spiritual and psychological subjects related to yoga-- all taught without dogma. Inverted postures will be taught according to the interests of the class. John, who is a professional musician, will provide his own live music at the beginning of the meditation portion of the class. For other details about John's background, see the course description under the beginner's class. *NO CLASS 4/17

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR Fee
433051-A1	3/28-4/25	5	Sa	7-8:30A	Adult	\$50/\$62.50/\$50

HATHA YOGA ONGOING - (INTERMEDIATE/EXPERIENCED) s/c

Instructor: John Giunta, MA/FRC

This is John Giunta's group of students with some past experience in any yoga tradition. Students who attend this group should know their safe range of motion and have a basic knowledge of some of the major postures/asanas in yoga. This is a classical yoga tradition from the teachings of Hatha yoga and Raja yoga as taught at the Himalayan Institute, founded by Swami Rama. While we move, other subjects to be addressed will be pranayama, the chakras, basic meditation, spiritual and psychological subjects related to yoga-- all taught without dogma. Inverted postures will be taught according to the interests of the class. John, who is a professional musician, will provide his own live music at the beginning of the meditation portion of the class. For other details about John's background, see the course description under the beginner's class. *NO CLASS 4/17

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
433052-A1	4/2-4/30	5	Th	7-8:30P	Adult	\$50/\$62.50/\$50



ADULT PROGRAMS



MORNING FITNESS WAKEUP s/c

Instructor: Nathan Greiner

This class is a group personal training program for adults run by certified personal trainers. Get the benefits of your own trainer at a fraction of the cost. The program runs continuously throughout the year. It is designed to promote long lasting healthy habits and reduce the effects of aging in adults. Class will incorporate:~ Weight Training – strong bones and muscles, weight management~ Cardiovascular (indoor / outdoor) – increase heart efficiency, weight management~ Flexibility Training – connective tissue health

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
433429-A1	3/2-3/27	12	M,W,F	6-7A	Adult	\$165/\$206.25/\$165
433429-B1	4/6-4/29	11	M,W,F	6-7A	Adult	\$151.25/\$190/\$151.25

PILATES W PROPS s/c

Instructor: Bodymoves Fitness, LLC

Pilates with Props extends the benefits of Pilates by employing small apparatus including flex bands and sponge balls to increase the range of intensity of Pilates mat exercises. The latter weeks of class add an element of balance work through the use of the Swiss Ball. (Optional material fee in class to purchase a burst-resistant, 55cm Swiss Ball from instructor or bring your own.) Please bring a mat to class.

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
433500-A1	4/14-4/28	3	Tu	12:30-1:30P	Adult	\$36/\$45/\$36

STONE AND STRETCH s/c

Instructor: Bodymoves Fitness, LLC

This mat based class fuses elements of yoga, Pilates and dance training to restore/maintain/improve flexibility, strength, balance and range of motion in a gently and accessible format. Please bring a mat to class.

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
433501-A1	4/13-4/27	3	M	7-8P	Adult	\$36/\$45/\$36

PILATES MAT s/c

Instructor: Bodymoves Fitness, LLC

Enjoy the numerous benefits of this popular discipline. Strengthen the torso, including the body's "powerhouse" area; enhance balance and muscle control while increasing flexibility and range of motion; develop proper body alignment, "lengthening" the spine, and connect mind to muscles using the breath and mental focus. Please bring a mat to class.

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
433503-A1	4/15-4/29	3	W	7-8P	Adult	\$36/\$45/\$36

ADULT TENNIS 1 s/c

Instructor: First Serve Tennis

Players new to the game learn the fundamental strokes: forehand, backhand, volleys, overhead and serve. Students start to build consistency in the groundstrokes and develop and initial ability to rally. Students are encouraged to repeat this class until they can consistently put the ball in play. *NO CLASS 4/1,5/22,5/25

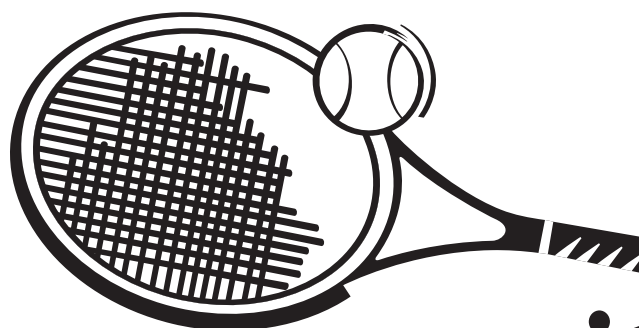
Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
434040-A1	4/13-6/15	9	M	9:30-11A	Adult	\$248/\$298/\$248
434040-B1	4/13-6/15	9	M	7:30-8:15P	Adult	\$248/\$298/\$248
434040-C1	4/17-6/19	9	F	11-12:15P	Adult	\$248/\$298/\$248
434040-D1	3/11-4/8	4	W	9:45-11A	Adult	\$110/\$137.50/\$110
434040-E1	3/11-4/8	4	W	7-8:15P	Adult	\$110/\$137.50/\$110

ADULT TENNIS 2 s/c

Instructor: First Serve Tennis

Players with limited on-court experience will strengthen stroke fundamentals and develop the movement, positioning and skills necessary for initial singles and doubles match play. For players who have completed Tennis 1 or have similar experience. *NO CLASS 4/1,5/22,5/25

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR Fee
434041-A1	4/13-6/15	9	M	11-12:15P	Adult	\$248/\$298/\$248
434041-B1	4/13-6/15	9	M	8:15-9:30P	Adult	\$248/\$298/\$248
434041-C1	4/17-6/19	9	F	9:45-11A	Adult	\$248/\$298/\$248
434041-E1	3/11-4/8	4	W	11-12:15P	Adult	\$110/\$137.50/\$110
434041-F1	3/11-4/8	4	W	8:15-9:30P	Adult	\$110/\$137.50/\$110



ADULT ART PROGRAMS

All adult pottery classes (ages 18 and over)
are held at the Bowman House Arts and Crafts Center 211 Center St. S.

POTTERY LAB

Open to all adults in the pottery program. \$45 per person for unlimited lab time on each day offered. \$15 for 25 pounds of clay which includes glazes and firings. Only clay purchased from the Recreation Department may be used in the studio. Children may not accompany parents to lab.

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
437210-A1	4/16-6/2	21	Tu	9:30-1P	Adult	\$45/\$45/\$45
			Th	9:30 - 3:30p		
			Th	7 - 10p		
			Sa	10 - 3:30 p		

BEGINNER 2

Instructor: Lori Yankovitz

This Beginner Two class is for students that have had at least 2 semesters of Beginner One class and have been introduced to the basics of wheel pottery, wedging, centering, throwing, trimming, and glazing. Students should purchase a basic tool kit consisting of a sponge, needle tool, wire and wooden sculpting tools, which are available at an arts and crafts store. *NO CLASS 5/25

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
437211-A1	4/6-6/1	8	M	6:30-9:30P	Adult	\$155/\$180/\$155



Tai Chi Chaun is basically a martial art, but consists of a system of soft intrinsic exercises. It is the body controlled by the mind. It is this mind, which is actually the moving force preset in every motion. All patterns and movements are composed of circles, arcs, curves, and spirals of all sizes, going in all directions. Tai Chi Chaun builds good physique and all muscles and joints are exercised. It will improve inner body health due to deep and concentrated breathing, cultivates patience and restraint, influences nervous, cardiovascular, and respiratory and digestive systems and immensely improves balance, which normally deteriorates with age.

No drop-in 1/19, 2/16

Beginner

● M/W – 7:00 a.m. – 8:00 a.m.

Intermediate

T/TH/F – 7:00 a.m. – 8:00 a.m.

INTERMEDIATE WHEEL

Instructor: Beth Kendall

This class is designed to expand on the basics taught in beginning wheel. In this class we usual work in depth on one or two projects per session. Projects include, but are not limited to, throwing larger forms, lidded pieces, decorating techniques, refining our work, glazing and much more. All students interested in this class should have at least two years of current beginning classes or approval from the instructor prior to registering. Students should bring a sponge, old towel and bats to class.

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
437212-A1	4/7-5/26	8	Tu	7-10P	Adult	\$144/\$180/\$144

ADVANCED WHEEL

Instructor: Beth Kendall

Instructor: Lori Yankovitz

You will learn a variety of advanced techniques and will learn to refine your work both aesthetically and functionally during the evening class. Students should bring a sponge, old towel and bats to class. *NO CLASS 4/16

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
437213-A1	4/8-5/27	8	W	9:30-12:30P	Adult	\$144/\$180/\$144
437213-B1	4/8-5/27	8	W	6:30-9:30P	Adult	\$144/\$180/\$144

HANDBUILDING

Instructor: Treena Rinaldi

You will learn various methods of handbuilding pots for both functional and decorative use and will learn a variety of glazing and decorating techniques. Advanced students entering the class are encouraged to develop and work on specialized projects. *NO CLASS 4/17

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
437214-A1	4/9-5/28	8	Th	9:30-12:30P	Adult	\$144/\$180/\$144
437214-B1	4/9-5/28	8	Th	7-10P	Adult	\$144/\$180/\$144

BEGINNER 1

Instructor: Lori Yankovitz

You will be introduced to the basics of wheel pottery, wedging, centering, throwing, trimming and glazing. Pieces will be high fired in and oxidation kiln. Students should purchase a basic tool kit consisting of a sponge needle tool, wire and wooden sculpting tools, which are available at a ceramic supply store or through catalogues. It is important that students attend the first day of class. Students should also bring an old towel and sponge to class and wear old clothes to class.

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
437215-A1	4/10-5/29	8	F	6:30-9:30P	Adult	\$155/\$180/\$155

ADULT ART PROGRAMS



ACRYLIC PAINTING

Instructor: Kerry Burch

Learn the fundamentals of acrylic painting with canvas preparation and ground application, color mixing and "blocking in" technique. Overall development of composition and layout to final rendering of the finished piece will be the goal of this class. Students should arrive with a basic concept or idea for the painting they wish to produce. This should be an accurate preparatory drawing, photograph or some other fully developed idea. Contact the instructor for materials list prior to the first class. Classes are held at the Bowman House Arts and Crafts Center, 211 Center St. S. *NO CLASS 5/25

Activity #	Dates	Classes	Day	Time	AgeR/NR/RSR
437240-A1	4/6-6/1	8	M	7-9P	Adult\$80/\$100/\$80

ADULT DRAWING

Instructor: Kerry Burch

Students will learn about line, contour, positive and negative space, shading, composition and perspective. Pencil, pen, conte and charcoal will be the primary tools used to create the basis for future work as well as finished pieces. Please bring an 11" x 14" sketch pad, one drawing pencil HB, one drawing pencil 4B and art gum eraser to class. Classes are held at the Bowman House Arts and Crafts Center, 211 Center St. S.

Activity #	Dates	Classes	Day	Time	AgeR/NR/RSR
437241-A1	4/7-5/26	8	Tu	7-9P	Adult\$80/\$100/\$80

CALLIGRAPHY s/c

Instructor: John Giunta, MA/FRC

We will learn to be exposed to Simple Roman, Bookhand, Italic, Chancery, Black Letter, Spencerian and Spanish Round Gothic, depending on how the group progresses. John has used calligraphy successfully in commercial applications for business cards, menus, wedding invitations, posters, poetry, scrolls for theater and other uses. A materials list will be provided upon registration. A nominal fee will be charged separately for materials as the course progresses. Left handed people will need to order special pen nibs. We will use the book, "Calligraphic Lettering with Wide Pen and Brush: Third Edition", by Ralph Douglas. *NO CLASS 4/5

Activity #	Dates	Classes	Day	Time	AgeR/NR/RSR
459540-A1	3/22-4/26	5	Su	7:30-8:30P	Adult\$40/\$50/\$40

TRACING YOUR FAMILY

Instructor: Gayle Yiotis

If you have seen the show "Who Do You Think You Are? On NBC, sponsored by Ancestry.com you know that tracing your family roots can be an exciting and surprising journey that can lead to people and places never dreamed of! But this journey is not usually an easy or direct one and takes much research. Gayle is a former archivist and researcher at the Smithsonian Institute and genealogical researcher for Ancestry. Advanced students wishing to enroll will partner with beginner students and be taught how to interpret the data they find. We will conduct online searches in class, if you have a laptop please bring it to class. *NO CLASS 3/28,4/4

Activity #	Dates	Classes	Day	Time	AgeR/NR/RSR
439480-A1	3/7-4/25	6	Sa	2-4P	Adult\$50/\$62.50/\$25

COMPUTER MAINTENANCE s/c

Instructor: Andy Livingston

Students will learn how to keep their computers running smoothly by learning system tools, utility programs, firewalls, and virus protection. They will learn how to handle a computer crash, decipher error messages, delete files, cookies and unwanted programs and keep their computers updated automatically. In addition, computer hardware maintenance will be discussed, along with proper surge protection and wireless network protection, and much more. Students can bring their own equipment of they like.

Activity #	Dates	Classes	Day	Time	AgeR/NR/RSR
437620-A1	4/16-4/23	2	Th	10-12P	Adult\$75/\$93.75/\$75

TODAY'S TECHNOLOGY FOR BABY BOOMERS AND BEYOND s/c

Instructor: Andy Livingston

Confused about all the technology that society is using? Want to learn how to use cell phones, computers, social media, digital cameras, GPS and other devices more effectively? Want to explore these questions in a user friendly environment? If so, then this course could be just for you! The class will present the integration of phones, computers, cameras, iPod/iPad, and other tools of technology. You will learn how to upgrade to a smart phone, which will help you connect with others while you are out and about. Learn how to share photos and use your digital camera to share photos with loved ones, and how social media can connect and get you engaged with your family, friends and community. Learn computer maintenance tips, websites to save you money and great travel websites; understand Skype/Webcam technology and learn the latest additions to Microsoft, Google and more.

Activity #	Dates	Classes	Day	Time	AgeR/NR/RSR
437621-A1	3/19-4/9	4	Th	10-11:30A	Adult\$120/\$150/\$120



ADULT SPORTS LEAGUES

SELLING ON EBAY s/c

Instructor: Andy Livingston

Have lots of "stuff" in your garage/basement collecting dust? In this "how to sell on eBay" course you will learn how to list items for sale, tend the auction, and finalize with PayPal. You also will learn all the tips and tricks to maximize your online auction experience, all part of this fun eBay class. Prerequisite: have an item in mind that you would like to sell when you come to class. Learn how to sell on eBay effectively today!

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
437622-A1	3/5-3/12	2	Th	10-12P	Adult	\$75/\$93.75/\$75



SPRING INTO HEALTH

Join us Saturday, April 11th from 10am-1pm
for a Free Health and Wellness Fair



for Mature Adults age 55+ at the Vienna Community Center. Attendees will benefit from medical screenings and educational

opportunities from over 30 local vendors providing a wide range of resources to enhance the physical and mental well-being of older adults. There will be free instructor-led demonstrations offered in Yoga, Zumba Tai Chi and Chair-assisted Exercise. This Health and Wellness Fair will provide a wonderful environment to nurture personal interest, learn something new, foster friendships and gather vital information. Those caring or responsible for aging adults will also find the Health and Wellness Fair helpful.

**WE HOPE
TO SEE
YOU
THERE!**



MEN'S TENNIS LEAGUE s/c

Registration is now being accepted for our spring tennis league. Registration is open until league fills with eight players in each division (16 men, 16 women). All matches will be played at either Meadow Lane or Glyndon Park. Players should rate themselves as 2.5 or higher on the National Tennis Rating System to participate. Each league member will play a minimum of seven matches during the season. League rules, regulations, and schedules will be mailed to participants after the registration deadline date. There are two divisions; Division I will be the more competitive division. To compete in division I, players must rate themselves on the NTRS scale above a 3.5 level. Please indicate on the registration form which division you would prefer to play in.

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
433040-A1	4/11-6/6	9	Sa	9-12P	Adult	\$15/\$20/\$15
433040-B1	4/11-6/6	9	Sa	9-12P	Adult	\$15/\$20/\$15

WOMEN'S TENNIS LEAGUE s/c

Registration is now being accepted for our spring tennis league. Registration is open until league fills with eight players in each division (16 men, 16 women). All matches will be played at either Meadow Lane or Glyndon Park. Players should rate themselves as 2.5 or higher on the National Tennis Rating System to participate. Each league member will play a minimum of seven matches during the season. League rules, regulations, and schedules will be mailed to participants after the registration deadline date. There are two divisions; Division I will be the more competitive division. To compete in division I, players must rate themselves on the NTRS scale above a 3.5 level. Please indicate on the registration form which division you would prefer to play in.

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
433041-A1	4/12-6/7	9	Su	9-12P	Adult	\$15/\$20/\$15
433041-B1	4/12-6/7	9	Su	9-12P	Adult	\$15/\$20/\$1

MEN'S SOFTBALL LEAGUE

The Vienna Parks and Recreation Department is accepting registration for the 2014 Vienna Men's Softball League. A temporary roster and \$100.00 non-refundable deposit will be required at the time of registration. Registration will be accepted on a first come first served basis. The registration deadline is Friday, March 20, 2015. League play will begin April 13, 2015. All games are played at Southside Park. For a registration packet, please contact Brandy Wyatt, 703-255-5721 or bwyatt@viennava.gov.

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
433081-A1	4/13-8/7	85	M-F	6-11P	Adult	\$600/\$600/\$600



ALL AGES PROGRAMS

JAZZERCISE

Instructor: Joan Brown

The original aerobic exercise class, Jazzercise, combines dance, strength training, yoga, Pilates and kickboxing movements into one fun and effective total body workout. The mix of Latin, hip hop and jazz dance movements make Jazzercise feel more like a girl's night out than a workout!

Wildly imitated but never duplicated, routines are choreographed to current hits by major recording artists. With its fresh moves, new music and pure motivation, no other fitness program comes close.

You'll burn up to 600 calories in one 60-minute Jazzercise class! Ready to give Jazzercise a try?

SCHEDULE: M/W/F 9:30 a.m. - 10:30 a.m.
M/W 6:30 p.m.-7:30 p.m.
Th 5:45 p.m. - 6:45 p.m.

FEE: \$40 monthly EFT (electronic funds transfer)---unlimited (automatically debited from a credit card or checking account)

\$50 monthly unlimited pass---purchased in class
\$15 daily walk-in (1 class)
\$30 one-time joining fee

Please call Joan at 703-362-6653 to register or go to www.jazzercise.com to register on-line

ZUMBA - LATIN AEROBICS s/c

Instructor: Lupe Rother

Have Fun dancing to Zumba, an aerobics dance class with Latin and other exotic world beats, and become a fitter you! This dancercise class promotes freedom of expression through body movement while tapping into the energy and excitement of Latin dancing. It will help you to strengthen, shape, burn calories, tone & sculpt your body, while you learn popular dances such as Merengue, Salsa, Belly, Cumbia, Samba, Bachata, Reggaeton, Cha Cha and more.

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
433021-A1	3/23-4/27	6	M	7-8P	Adult	\$60/\$75/\$60
433021-C1	3/28-4/25	5	Sa	10-11A	Adult	\$50/\$62.50/\$50

CARDIOBOXING s/c

Instructor: Fee Pearson

This 45-minute calorie blasting workout uses aerobics, kicks, and punches to improve fitness. Although this class is high energy, variations are demonstrated for high and low impact. Kick, jab, and punch your way to fitness to the hottest dance music.

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
433022-A1	4/1-4/29	5	W	8:15-9P	Adult	\$55/\$68.75/\$55

GUITAR -BEGINNER s/c

Instructor: Bill Burke

The beginner class will cover basic music fundamentals, the study of chords for song accompaniment, and note reading for melody playing. Class time will include learning new material, reviewing and practicing, music issues and stories and demonstrations. No prior music experience or instrumental background required. Each student must have a guitar (some rentals available from the instructor). *NO CLASS 3/29,4/5

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
458130-A1	3/22-5/10	6	Su	11:15-12:15P	9 & up	\$37.50/\$46.50/\$37.50

GUITAR ADVANCED BEGINNER s/c

Instructor: Bill Burke

If you can play chords then this is the class for you. We will cover various accompaniment styles explored through songs. Some areas of discovery will include strumming, fingerpicking, soloing, reading, composing ear training and various styles. Direction of this class is influenced by your interest! Each student must have a guitar (some rentals available from the instructor). A \$3 materials fee is due to the instructor the first day of class. Classes will be held at the Bowman House Arts and Crafts Center. *NO CLASS 3/29,4/5

Activity #	458131-A1
Dates	3/22-5/10
Classes	6
Day	Su
Time	12:15-1:15P
Age	9 & up
R/NR/RSR	\$37.50/\$46.50/\$37.50

IRISH FIDDLE CLASS s/c

Instructor: Randy Latimer

Learn techniques to play the fiddle. Some experience needed. You will need to bring your own violin. *NO CLASS 4/2

Activity #	458132-A1
Dates	3/19-4/30
Classes	7
Day	Th
Time	5-6P
Age	9 & up
R/NR/RSR	\$37.50/\$46.50/\$37.50

ADULT & FAMILY TRIPS

Trips - No refunds or credits will be issued within 30 days of the trip. Please note some trips require a deposit, deposits are non-refundable. **All requests for refunds or credits must be submitted in writing.**

FAMILY TRIPS

PHILADELPHIA FLOWER SHOW s/c



You are invited to attend the world's longest-running and largest indoor Flower Show. Join a Philadelphia tradition and make incredible memories on March 4th, 2015. "Lights, Camera, BLOOM!"

Experience the magic of movies and horticulture as the 186th PHS Philadelphia Flower Show celebrates the silver screen. The Show features large-scale gardens, elaborate landscapes, and over-the-top floral creations. The bus will leave the community center at 8:00 a.m. and return at 7:00 p.m.

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
351560-A1	3/4	1	W	8-7P	Adult	\$69/\$86.25/\$69

POTOMAC NATIONALS FAMILY FUN BASEBALL GAME

Bring your family out for a day at the ballpark for a picnic, a ballgame and fireworks! Adults and children will enjoy a reserved ticket for the Potomac Nationals vs. the Myrtle Beach Pelicans 7:05 game, hamburgers, hotdogs, sides, dessert and sodas, FREE Potomac Nationals hat, team store discounts, and fireworks at the end of the game. The Potomac Nationals of the Carolina League play at Pfitzner Stadium in Woodbridge, Virginia, and are the Class-A Advanced affiliate of the Washington Nationals. Come out and see the future stars of the Washington Nationals!!



Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
441242-A1	5/30	1	Sa	4:30-10:30P	Adult	\$55/\$68/\$55
					Children	\$30/\$37.50

MATURE ADULT TRIPS

FORD'S THEATRE – HISTORY ON FOOT WALKING TOUR

April 2015 will mark 150 years since the assassination of Abraham Lincoln. Join us for a "History on Foot" walking tour that brings Civil War Washington to life! Led by an actor in costume, the tour explores sites in downtown Washington related to Lincoln, the assassination and the Civil War. The tour lasts approximately 2 hours and makes at least eight stops throughout the story. The distance walked is approximately 1.6 miles from Ford's Theatre to the White House. Wear comfortable shoes. The tour will take place rain or shine. After the tour we will have lunch at Old Ebbitt Grill. Come revisit the sites and clues from the investigation into the Lincoln Assassination Conspiracy!

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
441240-A1	4/15	1	W	9-4P	Adult	\$66/\$82.50/\$66

VIRGINIA MUSEUM OF FINE ARTS & LEWIS GINTER GARDENS

Virginia Museum of Fine Arts, Richmond, Va. Van Gogh, Manet & Matisse: The Art of the Flower. Enjoy a breath-taking exhibition of floral still life. Follow the realistic works of the Franco-Dutch tradition. Continue through the Impressionist's new relationships of color, light and space by artists such as Monet and Degas. Conclude with the brightly colored and symbolic Post-Impressionist works of artists such as Pierre Bonnard and Paul Cezanne. Next stop will be the Lewis Ginter Botanical Garden in Henrico, VA for a savory lunch buffet and a tour of the gardens to see a succession of breathtaking spring blooms that color the landscape with beauty.

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
441241-A1	5/13	1	W	8-7P	Adult	\$84/\$105/\$84

PHOTO CONTEST AND EXHIBIT

Open to Metropolitan Area Amateur Photographers.

Entries Accepted:

Thursday - March 19 -
5:00 p.m. - 8:30 p.m.
Friday - March 20 -
12:00 Noon - 3:45 p.m.

Exhibit Dates:

Saturday - March 21 -
10:00 a.m. - 3:00 p.m.
Sunday - March 22 -
12:00 Noon - 3:30 p.m.

Entry Fee: \$10 per person limit four photos with a maximum of two in any one category.

Applications will be mailed out on February 3, 2014. Local professional photographers judge the show. Ribbons will be awarded in eight Categories: animals, architecture, digital, nature, pictorial, photojournalism, portraiture and scenic. There will be a separate Middle School and High School section for students.

